



Laser focus

Ingredients

Lavender

Pen

Paper bag

A cauldron

Choose the Timing

*Waxing moon for
increasing focus*



*Let your thoughts rest on the issues at hand.
What is it you need to focus on? What is
distracting you from that?*

*Take the paperbag and spend some time
focusing on all the distractions getting in the
way for you.*

*Now write these out on the paper bag with
the marker pen.*

*Place the lavender inside the bag, place the
bag inside the cauldron. Light the bag and
say this incantation*

*Laser focus I need to find
Remove disorder from my mind*



*As the flame increases
Chaotic thought releases
Space and laser focus is sought
Giving time for concentrated thought*

*Allow the bag to burn down and continue to
release the distractions. .*